# ACADEMIC PLANNING SHEET

**B.S. EXHPR**  
**GENERAL EXERCISE SCIENCE EMPHASIS**

**COLORADO STATE UNIVERSITY – PUEBLO**  
2018-2019 CATALOG

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<table>
<thead>
<tr>
<th>First Year</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP 101: Intro to EXHPR</td>
<td>2</td>
<td>AT 260: Care &amp; Prevention of AT Injury</td>
</tr>
<tr>
<td>EXHP 162: Personal Health</td>
<td>3</td>
<td>EXHP Option Elective (lower division)</td>
</tr>
<tr>
<td>EXHP 162L: Personal Health</td>
<td>1</td>
<td>BIOL 112: Nutrition</td>
</tr>
<tr>
<td>EXHP Option Elective (lower division)</td>
<td>2</td>
<td>ENG 102: Composition II</td>
</tr>
<tr>
<td>ENG 101: Composition I</td>
<td>3</td>
<td>PSYCH 151: Human Development</td>
</tr>
<tr>
<td>CIS 100: Intro to Word &amp; Windows</td>
<td>1</td>
<td>OR</td>
</tr>
<tr>
<td>CIS 103: PowerPoint &amp; Web Publishing</td>
<td>1</td>
<td>PSYCH 100: General Psychology</td>
</tr>
<tr>
<td>CIS 104: Excel Spreadsheets</td>
<td>1</td>
<td><strong>TOTAL SEMESTER HOURS</strong> 14</td>
</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td></td>
<td><strong>TOTAL SEMESTER HOURS</strong> 14</td>
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</table>

<table>
<thead>
<tr>
<th>Second Year</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP 201: Drugs &amp; Healthy Lifestyle</td>
<td>3</td>
<td>AT 232: First Aid</td>
</tr>
<tr>
<td>EXHP 222: Behavior Facilitation</td>
<td>3</td>
<td>EXHP Option Elective (lower division)</td>
</tr>
<tr>
<td>EXHP Option Elective (lower division)</td>
<td>1</td>
<td>BIOL 224: Human Physiology &amp; Anatomy II</td>
</tr>
<tr>
<td>BIOL 223: Human Physiology &amp; Anatomy I</td>
<td>3</td>
<td>BIOL 224L: Human Physiology &amp; Anatomy II Lab</td>
</tr>
<tr>
<td>BIOL 223L: Human Physiology &amp; Anatomy I Lab</td>
<td>1</td>
<td>General Education course</td>
</tr>
<tr>
<td>COMR 103: Speaking &amp; Listening</td>
<td>3</td>
<td>MATH 121: College Algebra</td>
</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td></td>
<td><strong>TOTAL SEMESTER HOURS</strong> 14</td>
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<table>
<thead>
<tr>
<th>Third Year</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP Option Elective (lower division)</td>
<td>1</td>
<td>EXHP 364: Kinesiology</td>
</tr>
<tr>
<td>EXHP 343: Research and Statistics</td>
<td>3</td>
<td>EXHP Option Elective (upper division)</td>
</tr>
<tr>
<td>Hours Outside the Major</td>
<td>5</td>
<td>EXHP Option Elective (lower division)</td>
</tr>
<tr>
<td>General Education courses</td>
<td>6</td>
<td>General Education course</td>
</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td></td>
<td><strong>TOTAL SEMESTER HOURS</strong> 15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fourth Year</th>
<th>Fall Semester</th>
<th>Spring Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHP 344/344L: Exercise Physiology/Lab</td>
<td>4</td>
<td>EXHP 436 Exercise Assessment</td>
</tr>
<tr>
<td>Hours Outside the Major</td>
<td>4</td>
<td>EXHP 461 Managing Programs in EXHPR</td>
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<tr>
<td><strong>EXHP Option Elective (upper division)</strong></td>
<td>7</td>
<td>Hours Outside the Major (upper division)</td>
</tr>
<tr>
<td><strong>TOTAL SEMESTER HOURS</strong></td>
<td></td>
<td><strong>TOTAL SEMESTER HOURS</strong> 15</td>
</tr>
</tbody>
</table>

**Senior – Summer**  
EXHP 494 Fieldwork (6 hrs) or EXHP 498 Internship (12 hrs)  
**TOTAL SEMESTER HOURS** 6/12

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**DISCLAIMER:** The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered CSU-Pueblo.
General Exercise Science Emphasis: 2018-2019 Catalog

**Academic Planning Sheet**

**Colorado State University – Pueblo**

**General Education Requirements**: 18 semester hours
- ENG 101: English Composition I (3)
- ENG 102: English Composition II (3)
- Mathematics Course (3)
- MATH 121: College Algebra (4)**
- Humanities Courses (9)
- COMR 103: Speaking and Listening (3)**
- History Course (3)
- Social Sciences Courses (6)
  - PSYCH 151: Human Development (3)** OR
  - PSYCH 100: General Psychology (3)**
- Natural and Physical Sciences Courses (8) (2 courses with labs)
  - EXHP 162: Personal Health (3)**
  - EXHP 162L: Personal Health Lab (1)**
- BIOL 223: Human Physiology & Anatomy I (3)**
- BIOL 225L: Human Physiology & Anatomy I Lab (1)**

**Course Completed elsewhere**

<table>
<thead>
<tr>
<th>Course Completed elsewhere</th>
<th>CSU-Pueblo equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Ex: English 101)</td>
<td>(Ex: English 101)</td>
</tr>
</tbody>
</table>

**Major Requirements:**

**Core Course Requirements for EXHP Emphasis Areas:** 27 credit hours
- AT 232: First Aid (2)
- EXHP 101: Introduction to EXHPR (2)
- BIOL 112: Nutrition (3)
- EXHP 162: Personal Health (3)
- EXHP 162L: Personal Health Lab (1)
- EXHP 222: Behavior Facilitation (3)
- EXHP 343: Research and Statistics (3)
- EXHP 344: Exercise Physiology (3)
- EXHP 344L: Exercise Physiology Lab (1)
- EXHP 364: Kinesiology (3)
- EXHP 461: Managing Programs in EXHPR (3)

**Required Emphasis Courses (15-21 credit hours)**
- EXHP 201: Drugs and Healthy Lifestyles (3)
- AT 260: Care and Prevention of Injuries (3)
- EXHP 436: Exercise Assessment (3)
- EXHP 494: Field Experience (1-5)
- OR
- EXHP 498: Internship (12)

**13-19 credits from the following with a minimum of 4-10 upper div.**

(The choice of internship or fieldwork in the previous area will determine the hours in the area below)

- REC 100L: Wilderness Technical Skills (1)
- REC 102: Mountain Orientation (2)
- REC 103: Winter Orientation (2)
- REC 104: Desert Orientation (2)
- REC 105: Canyon Orientation (2)
- EXHP 103L: Triathlon (1)
- EXHP 104L: Personal Fitness (1)
- EXHP 105L: Snow Sports (1)
- EXHP 106L: Martial Arts and Self-Defense (1)
- EXHP 108L: Yoga (1)
- EXHP 109L: Volleyball (1)
- EXHP 110L: Weight Training (1)
- EXHP 111L: Commitment to Academic Excellence (1)
- REC 112L: Rock Climbing (1)
- REC 113L: Whitewater Boating (1)
- REC 114L: Basic Mountain Engineering Techniques (1)

**Institutional Graduation Requirements:**
- Total of 120 semester hours, minimum.
- Complete a minimum of 40 semester hours in upper-division courses.
- Overall cumulative grade point average of 2.00.
- A minimum of 60 semester hours must be earned from a four year institution. Of these, a minimum of 30 semester hours of credit must be earned in residence.
- Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- All other requirements as specified in the Catalog.

**Additional Major Graduation Requirements:**
- Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- Earn a minimum grade of “C” in all prerequisite and major courses
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative of 2.0 or higher in required English and speech communication courses.

**Other Required Courses**
- BIOL 223/223L: Human Physiology & Anatomy I/ Lab (4)**
- BIOL 224/224L: Human Physiology & Anatomy II/ Lab (4)
- CIS 100: Intro to Word and Windows (1)
- CIS 103: Power Point and Web Publishing (1)
- CIS 104: Excel Spreadsheets (1)
- MATH 121: College Algebra (4)**
- PSYCH 151: Human Development (3)**
- OR
- PSYCH 100: General Psychology (3)**
- COMR 103: Speaking and Listening (3)**

(Courses italicized meet General Education requirements)

**Hours Outside the Major:** 20 semester-hours

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